



Exhibition
August
30
Framed

SEPTEMBER
1972



The
PULSE



J. Whartman B.I

"On a Personal Note ☺ "

The other day I was thinking about and watching the people who were in the school. Many were new faces to me. I wondered how they were managing with busy classes, different courses, great line-ups, long walks, new friends. I hoped they felt welcome. Many were familiar faces too - lots of news to catch up on.

Hopefully those who are here for the first time - Basic I, Post Basic I, Master's I, Public Health, and those who have come into other years, are glad to be here. We have new faculty with - Miss Jane Graydon, Miss Rose Kinash and Miss Helen Perry; and returning faculty, Miss Margaret Allemang and Mrs. Barbara Johnson. Miss Elizabeth Freudenthal is also new. She is the administrative assistant for the faculty of nursing.

Some business matters. "The Pulse" will be published approximately once a month. Issues will come out on Mandays, ie. Oct. 23, Nov. 20, Dec. 11, for this term. Due dates are the Friday before the above dates. There will be biweekly supplements on school news, published by the Student Services Committee.

Please Note - There is a change in obtaining stencils for class use. Stencils are no longer free, from "The Pulse" room. You can get all stencils from the Business Office for 14¢ per stencil; the first one of the year is free. You must sign your name, class and purpose for which it is used (ie. class or SAC); pay 14¢ at that time. Paper is still free, from "The Pulse" room. If you do not know how to use the mimeograph machine, in "The Pulse" room, do not use it until you have been properly instructed. If you do not know anyone who can show you properly please get in touch with me. You can leave a note on "The Pulse" room door. I'll be happy to make arrangements to show you. There is no excuse for repairs to be made due to ignorance about operating the machine.

You'll notice on your bulletin board, information concerning photocopying facilities and costs. It is cheaper, faster and easier to photocopy material if you want 8 or more copies.

I think that's all for now. But before I close I want to thank Fran Williams, last year's "Pulse" editor for her help in so many ways, which made taking over this job so much easier.

"on a personal note ☺ ",

Pat McKay, "Pulse" Editor

C.N.A. Convention Edmonton 1972

Place : Toronto International Airport
Time : June 25, 1972.

Flight number 158, direct flight to Edmonton and Vancouver, please report to Gate 49, at 1830 hours.

Out of a cosmopolitan, seething throng of ardent well-wishers and travellers, emerged two rather insignificant Post Basic III Nursing Students from the University of Toronto bound for the exciting C.N.A. Biennial Convention in Edmonton. Feeling somewhat bewildered and uncertain as to what lay ahead, they gallantly boarded a 727 jet arm in arm (almost) with Bobby Hull.

The Canadian Nurses Association was holding a five day meeting of all the provincial nursing associations throughout Canada and the representatives from the Northwest Territories. At the convention, interesting and widely varying views were expressed, informally and formally, and at times with very colorful and emotional involvement. The convention was held in the beautiful new Jubilee Centennial Auditorium on the grounds of the University of Alberta. Fortunately for the delegates, the weather complimented the setting.

Everything began on Sunday with opening ceremonies presided over by Louise E. Miner and honoured guests, including the Hon. E. Peter Lougheed, Premier of Alberta.

Early Monday morning, we were introduced to the spirit of the delegates with a Chuckwagon Breakfast at the Jubilee Auditorium parking lot. There we devoured pancakes and sausages. A general session followed with reports from the various committees which are aptly reported in the current issue of the Canadian Nurse, October 1972.

That evening we were treated by the Calgary Chamber of Commerce to a fabulous barbecue of rich, juicy, thick, prime beef, Alberta Steaks at the Derrick Golf and Country Club. Here we had ample opportunity to talk with nurses from all areas of Canada and observe the expertise of the C.N.A. members of involving themselves in the operation of our organization.

On Tuesday morning, we were presented with a very stimulating panel discussion on 'People Problems of Today', chaired by Dr. Robert Hatfield of the Foothills Hospital in Calgary, who provoked his fellow panel members and audience with questions such as:

Are nurses so busy doing, they have no time for caring?

What kinds of games do health professionals play with each other and their patients or are doctors and nurses always straight in their interpersonal relationships?

Do they trust each other or are they scared to open themselves up and risk disfavor, criticism or job loss?

What about the expectations nurses have of themselves and their colleagues?

What external factors influence nurses and are they different from those that affect patients?

Are nurses identifying loneliness, boredom, frustration, anger, happiness, disgust in their patients and among their colleagues, and are they caring enough to help in some way?

Some comments made by panelists that gave food for thought were:

Mrs. Leona Winthers, a head nurse at the Foothills Hospital -- "I hope the nurses here today will zero in on the fact that nurses are people too."

Miss Margaret Moncrief, of the Alberta Association of Registered Nurses -- "We tend to use intellectualization to explain away our feelings."

Dr. John Read of the University of Alberta Hospital -- "How many of us look behind the masks people wear?"

That afternoon, we attended the General Session where Dr. Graham Clarkson, of the Health Services Administration, University of Alberta, talked on the 'Integration of Community Health Centres'. Dr. Clarkson said that it was a tall order to talk on this subject when the concept of community health centres as they apply to Canada is to a large extent still being thought through.

He quoted that a health centre "should promote the rational and economic use of resources and encourage the most fruitful involvement of both consumers and providers of health services in meeting the health and broader social service needs of the community."

In summing up, he said that "in the final analysis the cost of health care services in this country depends on the total number and type of health personnel providing health services and their level of remuneration."

Tuesday evening, the 1700 delegates let their hair down, or should we say up, to attend a formal banquet hosted by the Government of Alberta at the Chateau Lacombe. The honoured guest speaker was the Hon. J.W. Grant MacEwan, Lt. Governor of Alberta. He spoke on the wonderful opportunity, quite often neglected by fellow Canadians of not exploring their own country and especially the Western Frontier of Canada. Canada has as much to offer, if not more, to the traveller, tourist, and explorer as any other country of the world.

On Wednesday morning, chairman Miss K.G. DeMarsh presided over a session concerning the 'Many Faces of Nursing'. Miss Lisette Arcand, Nursing Consultant to the Province of Quebec, discussed the nurses role in the Implementation of Health Services.

Throughout the day, various other presentations on Nursing Unit Assignment, Developing Nursing Expertise, Mental Care of the Adolescent and the Rehabilitation of the Geriatric Patient were made. This was complimented by an exceptionally enlightened film shown during the lunch hour on the rehabilitation taking place in British Columbia where geriatric patients with almost insurmountable problems, both physical and mental, are restored to a relatively optimal level of functioning through their rather unique method of care.

That evening we attended a rip-roaring affair at the MacDonald Hotel where we were treated to a Klondike Extravaganza. The hotel was transformed into a large replica of the Klondike Gold Rush Days where the evening fare was 'sluice juice, klondike grub and fun and games.' During the evening entertainment, various nurses from across Canada, dressed up in their vintage student uniforms circa 1900. This brought faint roars of approval and many roars of absolute horror. We were also discovering the various hidden talents of our peers and colleagues.

Thursday brought about the closing session with the installation of the new officers and the closing remarks of Miss Louise E. Miner and the President-Elect, Miss M.E. Schumacher.

In closing, it is beyond words to describe the wonderful potential for learning at such conventions as these and the wonderful opportunities for the exchange of ideas among nurses from the various areas of Canada.

The Alberta Association of Registered Nurses outdid themselves at this extremely successful convention. We would without reservations, encourage future participation of ALL nurses in such gatherings.

Thank you for giving us the opportunity to represent the University of Toronto.

Carolyn Weir P.B. 111
Jennifer Staring P.B. 111

"NURSING IS"

What do you think? Is it lofty, lowly, archaic, revolutionary?

Are you a Harmer and Henderson supporter or.....?

This part of "The Pulse" will be a regular feature. Feel free to comment. You may remain anonymous if you wish.

A number of Basic students took advantage of the summer break to have unusual nursing experiences. A couple will follow; and hopefully there will be excerpts in future issues. You are welcome to contribute or comment.

Burns Lake B.C., A combined lumber town and Indian reserve with mountains, lakes, deep blue skies and a modern 60-bed hospital. The hospital serves a district radius of 300 miles and offers a variety of learning experiences for those interested in accepting increased responsibility and the challenges of a small outpost region. The experience I gained during the summer of '72 in Burns Lake has proved invaluable in helping me to learn and grow and become not only more confident in myself as a professional but also as a person. Outpost nursing is your chance to utilize all your initiative, creativity, and knowledge both within the hospital setting and within the community. There are many frustrations as one encounters resistance to new ideas and change or initial frustrations within an outpost setting. You will find that you move in only one direction - forward.

If anyone is really interested in finding out more detailed information concerning outpost nursing in Burns Lake I would be very willing to meet and talk with you. Donna McLaughlin 962-7643

Chinchpada, Maharashtra, India Brevity has never been one of my strong points, and in relation to India my shortcoming is not at all improved! But I'll try. I was on a student program sponsored by The Evangelical Alliance Mission. "Home" for 2 months was Chinchpada Christian Hospital, about 200 miles NE. of Bombay (west central India), a 70-bed hospital. It was not at all like any hospital I'd ever seen! But just a few random memories.

A baby arrived safely after a very tense C. Section; he was so wanted. A child with marasmus who was so weak, cried with a haunting sadness. In OPD a man was taken off TB drugs because he was well now. In an isolation

ward a little girl became hysterical at the bedside of her mother who had just died from TB meningitis. Her father died 2 years ago of TB. A family walked about 7 miles to have typhoid-cholera shots - a whole day's effort. "We don't want to get sick". A young boy with a compound fracture of the radius and ulna came 8 days after it had occurred, his arm an ugly blue, swollen from fingers to shoulder. The wound had been packed with charcoal, dung and covered with leaves. An elderly man with leprosy finally went home. An emergency - a man with a severe fracture of the hip came in on a bullock cart. A pregnant woman with hookworm anemia was able to walk without fainting now. A smile, a "salaam", and a new friend. He's 4. So much was new and different to me; so much I learned. So much I didn't understand. But you know, I'd go back in a minute.

Pat. McKay B IV

SKULE NEWS

Student Services Committee:

Wine and Cheese! A party for our new Dean of Nursing, Miss K. King.
Cody Hall, Thursday Oct. 5 at 8 P.M. Every student welcome - all free.

Benson Building: Just a brief reminder that the Benson Bldg. is on the move. Tennis Tournament and Field Hockey have started but nobody signed up for them. I hope that when basketball starts on Oct. 3 the Faculty of Nursing will be represented. Sign-up lists are likely already posted. Let's have maybe 2 or 3 teams. Deadline for sign-ups is about Sept. 28. Ice Hockey isn't starting until the end of Oct. ; Volleyball, not until after Christmas. Keep in touch. Come out and join the fun. Hilda Jay

Pool Dips: Usually from 12-2 P.M.

Sexual Awareness Week: Sept. 26 -28. Seminars and informal discussion, 2-5 PM. Lash Miller Rm 161. Also: Tues. 7 PM. MSB large lecture theatre-a panel on Sexuality: Wed. 7 PM. same place, a panel presentation on contraception.

Woman-Her Place in Society: A series of lectures about women now. Some of our students are taking this course as an elective-the public are welcome-Wed. evening 7:30 PM. Fac. of Educ'n.

Federal Elections! Be sure and get enumerated - get your name on the electors' list.

Watch the Student Services Bulletin Board for the latest news.

Night Out: Tuesday was night out and books away. First dinner-a bonus for a penniless (?) student and then to a great place called "The Generator". It is located in the Bank of Montreal building-the third floor of the Eglinton subway station building. Beware, even on Tuesdays the lineup necessitates a twenty-minute to half an hour wait. It is worth it. The place holds about 500 people with a lounge area raised at one end. The leather couches are cosy and comfortable! Price of drinks varies with the entertainment which happened to be a fairly good rock band. It looked like a good place to meet them (the opposite sex), as well as great for established couples.

Sue Smyth PBII

Student Council News: Students' Council wishes to welcome all of our new Basic and Post Basics to the Faculty of Nursing. There are a lot of changes and events occurring in our Faculty at present and this column is our way of letting you know about them.

Firstly, the Faculty now has a new PhD, in the person of Miss Nora Parker. Miss Parker received her doctorate in psychology of education, on Monday Sept. 18. Special congratulations are in order for her from us all.

Secondly, the new President of the University (Dr. Evans) will be installed into office Sept. 28, at 3:15 PM. Since all classes will be suspended on that afternoon, students are urged to attend a rarely seen and, apparently very impressive ceremony-that of the installation to the Presidency.

Thirdly, Pat Pelligrini, of the maintenance staff is retiring after 13 years at the Faculty of Nursing. His last day with us was Friday, Sept. 22. We wish him well as he retires.

In case you want to know what's going on at SAC, Anne Wachsmuth (our Students' Council SAC representative) has announced the presence of a "SAC file" in the library, which will include SAC's activities. There will also be a SAC bulletin board set up in the lounge, so that current events can be readily seen.

Fran Williams, Secretary

Faculty: Dr. M.C. Cahoon advises that the final copy of the study

"Needs of Non-Institutionalized Cancer Patients in Three Areas in Ontario" will be available in the library within one week to ten days.

"And in this corner"

This is an odds 'n ends column, meant to include opinions, comments, poetry, cartoons, unusual or old nursing information, short blurbs, advertisements. Do you have something you'd like to see here?

Get the ingredients from your local apothecary.

Pink Pills for Pale People

Pure sulphate of iron..... $\frac{1}{2}$ oz.
Sugar..... 24 gr.
Tragacanth, in fine powder..... 8 gr.
Carbonate of potash..... 70 gr.
Glycerine..... 5 drops
Water..... sufficient to make a mass

Mix well and make into 75 pills and coat with a coloured sugar.

Used for anemia, lassitude, lack of interest in life, sallowness or paleness etc.
The dose for adults is one to two pills three times a day.

from: The Peoples's Home Library, The R.C:
Barnum Co., Imperial Publishing Co.,
Toronto, 1919.

"Go your way straight to God's work, in simplicity and singleness
of heart."
Florence Nightingale

Lastly of all, thanks to those who contributed and helped to put this issue
of "The Pulse" together. Pat.

P.S. **HELP!** Three yearbooks '72 edition were taken from Chappie's office
during August or September-and not signed for. We need these
books urgently-please-if you took one- return it to Mr. Chapman's
office or to Linda Glauser Blll

Mary Peat (editor 1971-72)
633-2464